metro*talks*

We sit down with Willow the capybara who's been enlisted to find two fugitives from the High Park Zoo metroNEWS

Toronto metro

ROSEMARY WESTWOOD

'Harper is leaving politics, and we should all be insulted'

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Your essential daily news | THURSDAY, MAY 26, 2016

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Wanted: More resiliency, T.O.

100 RESILIENT CITIES

New position to help city cope with growing pains

Luke Simcoe
Metro | Toronto

There's a new job opening at the City of Toronto. Only resilient candidates need apply.

Toronto was added to the 100 Resilient Cities network Wednesday, a Rockefeller Foundation initiative that aims to help cities cope with pressures facing them as they grow.

The first step to becoming more resilient is appointing a Chief Resiliency Officer, said 100 Resilient Cities spokesman Andrew Salkin. 100 Resilient Cities is stepping up to fund the position in Toronto for the next two years.

"In Toronto's case, that means dealing with aging infrastructure ... or understanding how macroeconomic trends are affecting the city," said Salkin.

Mayor John Tory was involved in Toronto's Resilient Cities application. "It's like a pilot project at someone else's expense," he said.

Tory said the CRO will be tasked with creating a strategy to deal with both "shocks" — things like floods or ice storms — as well as "stresses" affecting Toronto like congestion, poverty and a lack of affordable housing.

"We're looking for a respected person who gets the fact that the solutions to these problems are going to come from collaboration," the mayor said. "For example, there's very little coordination between initiatives around homelessness being taken at Queen's Park and the one we're doing at City Hall. Those should go hand in glove."

According to Salkin, CROs in other cities have already achieved success. In Norfolk, Va., CRO Christine Morris corralled 40 different businesses and non-profit groups to contribute to city initiatives and lobbied for a federal housing grant, he said.

CRUSHED

Raptors on the brink of elimination with massive 116-78 road loss to Cavs metroSPORTS

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metro NEWS

Your essential daily news

Trump protest turns violent in New Mexico, and several face charges. **World**

The Grab the Good initiative took on a trial run earlier this month at Downsview station. Produce like this was among the good eats on offer. COURTESY LAURA BERMAN/GREENFUSE PHOTOS

Produce in the subway station

PUBLIC TRANSIT

Joint effort by health, transit and food organizations

Gilbert Ngabo
Metro | Toronto

The better way will soon become the healthier way.

Launching Thursday, the Grab the Good initiative will be selling fresh produce to commuters at select subway stations.

It's a joint effort of Toronto Public Health, the TTC and FoodShare, meant to bring the city in line with others around the world.

Many transit systems across the world have food stores either inside or just outside the stations.

In South Korea, for example, there's a fresh food market literally on the train, allowing commuters to shop as they travel to work or home, said Toronto Public Health spokeswoman Barbara Emmanuel.

"When you look at other major cities, Toronto is way behind," she said.

"Our commuters here have next to no options for good food on transit."

The pilot project is part of the city's broader strategy to improve access to fresh, healthy food.

The popup markets will run for a year — twice weekly from 3 to 7 p.m. — at Downsview, Kipling and Victoria Park.

The locations were targeted based on research that shows they have a lot of traffic and transfers leading to the suburbs where people have to travel farther to find good, affordable food, Emmanuel said.

"The idea is to give everyone a chance to buy good food without having to make an additional stop or pay an additional fare," she said.

FoodShare staff will select and prepare "culturally diverse" fare from the Toronto Food Terminal to make sure there's variety on offer.

"Just imagine yourself, instead of having a bag of chips and a pop or a candy bar, you have an apple, guavas or a banana," said Debbie Field, FoodShare's executive director. "It's the most beautiful new kind of way to look at food."

METROTALKS WILLOW THE CAPYBARA EXPLAINS MISSION

The Hands on Exotics animal shelter resident might be Canada's only trained working capybara

Willow the capybara visited Metro Toronto's office Wednesday. Tuckered out from her attempts to locate the missing capybaras in High Park, she mostly stuck to the couch and soaked in her newfound fame. But, she did muster up energy to lay some kisses on her handler, Seth Falk, bottom right. ANDRES PLANA AND IRA LAMCJA/METRO

JUST WILLOW TALK

HIGH PARK ESCAPE

Capybara drops by Metro's office for a chat

Luke Simcoe
Metro | Toronto

Willow the capybara lives and works at the Hands on Exotics animal shelter in Toronto. The three-year-old rodent stopped by Metro's office Wednesday to discuss her species and what she's been doing to help locate two capybaras that escaped from the High Park Zoo earlier this week.

Q: Hi Willow, how did you hear about the missing capybaras in High Park?

"After they escaped, people started flooding my Facebook wall saying I had to help find them."

Q: So what did you do?

"I went to High Park with my handler, Seth Falk, and we trudged through the marsh looking for them. We hoped it would draw them out, but unfortunately we didn't even see any capybara footprints."

Q: Do you plan to go back?

"They called for us to go back, but I think it will have to be tomorrow. Right now, I need a nap."

Q: How do you think the escaped capybaras are feeling right now?

"The park is such a new habitat for them. If it was me, I'd be hiding."

Q: When you're not out trying to track down escaped capybaras, what do you do?

"I like to visit nursing homes and special needs groups to cheer people up or help teach schoolchildren about responsible pet ownership and conservation. On my days off, I hang out with the other animals at Hands on Exotics, including Larry the lemur and Gandolph the red kangaroo."

Q: Are there other capybaras like you in Toronto?

"I'm the only working capybara in the city, and I think I might be the only trained capybara in all of Canada."

Officials changing tactics

Having been led on a wild capybara chase through High Park, city officials are changing tactics in a bid to apprehend two of the giant rodents that escaped from the park's zoo.

Park supervisors have crafted an "entrapment plan" to recapture the elusive capybaras should they try to return to the area near their pen, city spokeswoman Megan Price said.

The move comes after a failed two-day search involving more than 30 staff members from various city departments. In addition to the human help, the city recruited a capybara from the Hands on Exotics shelter in Toronto to help draw out the missing animals.

"Unfortunately, our sniffer capybara friend was unsuccessful," Price said.

A sighting was reported late Tuesday night near the zoo, but by the time parks staff showed up, the capybara had slipped away.

Details on the escape are limited, but Price said the animals made a break for it while being transferred to their pen Tuesday morning. The juvenile pair were being delivered to replace Chewy, the zoo's resident capybara who will be sent to another breeding program.

Contrary to reports suggesting the escaped rodents were both female, it turns out they were a breeding pair. "So instead of Thelma and Louise, we've got Bonnie and Clyde," Price said. LUKE SIMCOE/METRO

DID YOU KNOW?

Capybaras are the world's largest rodents. The animals can weigh as much as 70 kilograms, but the ones on the loose in Toronto are much smaller.

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Waterfront transit's future is uncertain

TRANSPORTATION

Infrastructure 'desperately' needs to catch up: Planner

Unless something changes, the numbers predict a gloomy future for transportation along Toronto's waterfront.

In the next 25 years, the lakeshore area south of Queen St. is expected to add nearly 280,000 residents and 190,000 new jobs.

The number of public transit projects being built along the waterfront to serve them? Zero.

It's a future city planners hope to avoid. That's why on Wednesday night, the city launched public consultations on the Waterfront Transit Reset," a joint effort between the TTC, Waterfront Toronto and the city planning office to jump-start transportation expansion along the lake.

Consultation documents obtained in advance of their release online show the options being considered include an LRT in its own right-of-way on Lake Shore Blvd. West and a pedestrian tunnel from Queens Quay to Union Station that could include underground bike lanes and public art.

The goal of the reset, approved by council last November, is to provide options for a continuous east-west connection to serve areas such as Liberty Village, South Etobicoke, Fort York and CityPlace, all of which have seen unprecedented waves of development in recent years but no transit to match.

"I think in an ideal world, a lot of these projects would have been advanced a long time ago," said Jennifer Keesmaat, Toronto's chief planner.

"We've approved the growth. In many instances we've already built it, but the transit has been lagging … Suffice to say, we need to catch up. We desperately need to catch up."

TORSTAR NEWS SERVICE

The Amsterdam Central Station Tunnel is pictured. A pedestrian tunnel is one of the suggestions for the waterfront transit reset.

COURTESY CITY OF TORONTO

GARDINER EXPRESSWAY

Residents to vote again for underpass name

After online "ballot box stuffing" invalidated the first try, Torontonians are again being invited to vote for a permanent name for the $25-million Gardiner underpass transformation.

Waterfront Toronto says people can vote online — once — for either "The Bentway" or the "The Artery" between noon Thursday and noon Monday at undergardiner.com.

An earlier competition that saw those names compete with "The Canopy" and "The Gathering Place" was invalidated after, in its final hours, a surge of votes for "The Artery" made it catch up to "The Bentway," which had been a clear leader for days.

A "bent" is a concrete support holding up an expressway.

A panel came up with the four-name shortlist after a public engagement campaign yielded 884 suggestions.

Plans to transform 1.75 kilometres of drab underpass into lively spaces with parks, markets and more were triggered by an unprecedented $25-million donation to the city from philanthropists Judy and Wil Matthews. TORSTAR NEWS SERVICE

IN BRIEF

City seeking feedback on public transit projects

Reading this on a packed subway?

The City of Toronto is seeking your feedback on several upcoming transit projects that will determine the future of transit. Throughout May and June, the city, along with regional transit authority Metrolinx, is hosting public consultations on Waterfront Transit, Scarborough transit planning, Smart Track and the Downtown Relief Line.

A June 21 meeting at City Hall on transit network planning brings all the pieces together. Meetings are free and everyone is encouraged to attend.

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FW-17-METRO TORONTO

Students reaching out

SOCCER

High school team to head to Attawapiskat to host camp

Gilbert Ngabo
Metro | Toronto

A Toronto high school plans to use soccer to spark hope in Attawapiskat children.

The Royals — members of the soccer team at Bishop Marrocco/Thomas Merton Catholic Secondary School — are planning a week-long camp next month in the northern Ontario indigenous community, interacting with their peers and enjoying the beautiful game.

> We want to showcase the game of soccer as an outlet, a form of expression.
> Chris Bonnici

Attawapiskat has been plagued by high youth suicide rates, declaring a state of emergency after nearly 40 people attempted to kill themselves in March. The news sparked the students' desire to help.

"We want to showcase the game of soccer as an outlet, a form of expression," said team assistant coach Chris Bonnici, who will accompany the 12-man group. "When students are upset with themselves or things aren't going as well as they wanted, going on that field is like an art, an opportunity to communicate with others and have fun."

The Royals have mounted a GoFundMe campaign, hoping to raise $25,000 to cover plane tickets and food. The money will also help buy items such as soccer balls, nets, jerseys and shorts for their counterparts.

Organizers hope to use the camp as an opportunity for bonding, evolving into a long-term project that would create a house league up north and see kids from Attawapiskat visit the Toronto school in return.

"We somehow live a closed life here in Toronto and ignore ... others," said Bonnici, noting the trip will be a learning experience for students from both communities. "Our students need to see that Attawapiskat isn't just about poverty and suicides but also about how people live and express themselves."

Members of the Royals are planning a week-long trip to Attawapiskat to teach soccer and learn about the community. CONTRIBUTED

RAPTORS

Breweries bet big on basketball

Cleveland is a city on the edge of a lake. Toronto is, too. With the Raptors-Cavaliers playoff series pitting them against each other, it was probably just a matter of time before a competition would spring from this fact.

And here we are. The cities house beer companies with almost identical names: Cleveland has the Great Lakes Brewing Co. and Toronto has the Great Lakes Brewery. It's a bit awkward.

Toronto's Great Lakes Brewery president Peter Bulut pitched the bet to his American counterparts in a video published on the Great Lakes Brewery website at the beginning of the series.

If the Raptors win, Bulut plans to send a few cases of his brewery's Canuck Pale Ale, along with some company swag down to the Cleveland company.

One of the Great Lake Brewing Co.'s owners will have to make an online video to congratulate the Raptors, while wearing the swag and drinking the beer. If Cleveland wins, Bulut will do the same while drinking the American beer and wearing the other brewery's gear. TORSTAR NEWS SERVICE

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INDIA

Torontonian suspected of contract killing

A Toronto woman is sought in India where police suspect she may have been involved in paying four men — including her two lovers — to kill her estranged husband.

Police say Pawandeep Kaur is wanted in the slaying of her husband, Jaskaran Singh, who was fatally stabbed in March in the village of Sawara, in Kharar, in the Punjab region.

Gursharan Singh Grewal, superintendent of investigations for SAS Nagar police, says one of the other four suspects pointed the finger at Kaur during his interrogation.

He says the couple had a "strained relation" partly because Singh had spent the last few years in India rather than with his wife in Canada.

Grewal says Kaur was romantically involved with two of the suspects and police believe she wanted to seize control of her husband's property. He says police there have made a request for her extradition. A spokesman for Canada's Department of Justice said officials could neither confirm nor deny that such a request had been made.

None of the allegations against Kaur have been proven. The Canadian Press was unable to reach her Wednesday. Asked about the case, Toronto police said their international liaison has not received a request for assistance.

Singh's relatives in Canada are keeping in close contact with investigators in India, Grewal told The Canadian Press.

Kaur was in the region for close to 20 days after her husband's death but then returned to Canada, he said.

"She said her kids are studying over there, and their studies are suffering over there so that's why she wanted to go back," he said.

At the time, police had no reason to link her to the killing, he said. Outlets in India describe Kaur as a mother of two living in Toronto in a house she owned jointly with her husband.

THE CANADIAN PRESS

Renu Mandhane, the new chief commissioner of the Ontario Human Rights Commission. JIM RANKIN/TORSTAR NEWS SERVICE

Watchdog's 'vision' for future of policing

LAW

Human rights organization asks for series of changes

Ontario is in the midst of a once-in-a-generation opportunity, as the provincial government cracks open the laws governing policing. With an exclusive look at submissions for change from Ontario's human rights watchdog, the Toronto Star begins a series looking at the future of policing.

Ontario's human rights watchdog has laid out a bold blueprint for policing during the "critical moment" when the province's rule book is being rewritten.

The recommendations are contained in the Ontario Human Rights Commission's recent submissions to the province on its Strategy for a Safer Ontario — essentially a rewriting of the Police Services Act, the law governing policing in the province.

Last revisited more than 25 years ago, the law is being rewritten at a time of unprecedented scrutiny of policing throughout North America, enhanced technology, and shifting ideas about who and what a modern police force should be.

"The moment is ripe to have a broad-ranging discussion about policing," Renu Mandhane, Ontario's chief human rights commissioner, said during a recent meeting with the Toronto Star's editorial board. "This is a vision for policing into the future."

The commission's proposed changes deal with racial profiling, mandated race-based data collection and body-worn cameras, disparities in the use of force on people with mental illness and addiction, over-policing of indigenous peoples, and a lack of human-rights accountability.

Those changes are backed by 16 community and advocacy groups, including the Law Union of Ontario, Canadian Civil Liberties Association, African Canadian Legal Clinic, Campaign to Stop Carding, Black Action Defence Committee and Metro Toronto Chinese & Southeast Asian Legal Clinic.

Community Safety and Correctional Services Minister Yasir Naqvi says he hopes to have legislation tabled by the end of this year.

"This is a critical moment — and an important opportunity — to clearly articulate a framework for policing that puts human rights at its centre," says the introduction to the commission's submissions. TORSTAR NEWS SERVICE

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Kids from the Jane and Finch community have been taking part in the Urban Squash program for the last five years. CONTRIBUTED

Crunch time for Squash

AFTER-SCHOOLS

Urban program facing into a 'very uncertain' future over rent disagreement

Gilbert Ngabo
Metro | Toronto

Urban Squash Toronto could become homeless this summer.

After providing after-school programming for at-risk kids in the Jane and Finch area for six years, the charity finds itself working an eviction deadline that could send participants back to the "dangerous streets."

"Children are telling us they are being constantly invited to join gangs," said the group's executive director Don Givelos. "Without this program, they'll be dragged into drugs and drop-out numbers can jump up."

Since 2010, Urban Squash Toronto has partnered with local schools to provide squash training, academic tutoring and mentoring to dozens of students starting in Grade 6 through high school.

But, their lease on a squash court and a classroom at the large hangar near Sheppard and Keele is up in August. The landlord, Canada Land Company, recently told them they want a tenant who can occupy the entire space.

The future is "very uncertain right now," Givelos said.

Closure of the program would have a big negative impact on the lives of participants.

"Last week, a 12-year-old girl got stabbed by another girl in this area," Givelos said. "There's abuse, there's drugs on the streets. That's where you'd be sending these kids."

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HALTON CATHOLIC BOARD

School trustee says current rules 'fine'

The trustee who raised concerns that led to the Halton Catholic school board voting down an updated discipline and anti-bullying policy says the current rules are fine, and he questions whether students could find themselves in trouble for expressing their religious beliefs under the proposed revisions.

His explanation came as the board's decision drew widespread criticism.

Oakville trustee Anthony Quinn said he did not attend the committee meeting where the revised policy, which follows the Education Act as well as Ontario's Human Rights Code, was passed unanimously.

But at last week's board meeting, where it came for a final vote, he said he needed more information than staff or the chair were able to provide.

Quinn said his main concern was "if in their profession of the teachings of the Catholic church ... a student or group of students were to cause another student or group of students to feel unsafe or unaccepted in the school environment, that could lead to the student(s) reciting Catholic teaching being subject to discipline under the revised policy, as it was written."

The revised policy lost on a 4-3 vote. But the board's chairwoman, Jane Michael, and supporters have said it will have to be approved, eventually, as written. TORSTAR NEWS SERVICE

IN BRIEF

Laser lout strikes hours after awareness campaign

Police north of Toronto say a man pointed a laser at one of their helicopters just hours after the launch of a federal campaign meant to highlight the dangers of pointing lasers at planes.

York Regional Police say the Air2 helicopter was flying over Richmond Hill just after midnight Wednesday when the pilot and tactical flight officer were struck by a bright light source.

Police say the crew was able to direct officers to the location of the suspect, who was then arrested and charged. THE CANADIAN PRESS

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G7 to hear Canada's economic approach

POLITICS

Trudeau to tout government investment, not belt-tightening

A group of powerful world leaders is about to hear a starkly new take on what Canada thinks must be done to revive the stagnant global economy.

Prime Minister Justin Trudeau will promote Canada's growth-boosting plan to his Group of Seven counterparts this week in Japan.

Trudeau's theme: government investment is better than belt-tightening. This approach will sound different to G7 leaders than the message they likely heard from Trudeau's predecessor, Stephen Harper.

The ex-Conservative leader, who lost power to Trudeau's Liberals last fall, regularly called upon the global community to apply budgetary restraint.

Trudeau's approach is expected to be well-received by most of his G7 peers at the two-day summit, which begins Thursday in Japan's Ise-Shima region.

Most of the leaders have supported the use of fiscal tools to foster growth, but countries such as Germany and the United Kingdom are likely to stick to their cost-cutting approaches.

One of Canada's closest G7 allies in the anti-austerity camp is Japanese Prime Minister Shinzo Abe, who met with Trudeau and International Trade Minister Chrystia Freeland on Tuesday in Tokyo.

"Prime Minister Abe has been a real pioneer in emphasizing the need for governments to use fiscal tools," Freeland, who participated in Trudeau's bilateral meeting with Abe, told reporters Wednesday in Tokyo. THE CANADIAN PRESS

Canadian Prime Minister Justin Trudeau speaks during a press conference with his Japanese PM Shinzo Abe. THE ASSOCIATED PRESS

HALIFAX, N.S.

Missing Syrian girl's photo sparks hope

Canadian relatives of a missing five-year-old Syrian girl are appealing for help after a mysterious photograph surfaced on the Internet.

Mohamed Masalmeh, a cousin of the dark-haired girl, says he's sure the photo shows Mira Akram Al Jawabrah after she was rescued from a boat that overturned off the coast of Italy in August 2014, when the girl was three years old.

Relatives were initially told Mira, her parents and three younger siblings — Yousef, Mahmoud and Maria — had drowned as they were making their way from Libya to Italy at that time, said Masalmeh, a friend of the girl's father and uncle. The boat had more than 500 refugees aboard when it sank in the Mediterranean, he said. About 200 people disappeared.

"We completely lost contact with them, and we didn't know if they were alive or not," he said.

"We assumed that everybody was dead."

However, relatives later spotted the girl's picture among a series of photos on a Syrian news website showing survivors from the capsizing, he said.

A photo of the girl believed to be Mira Akram Al Jawabrah that appeared on a Syrian news website. HANDOUT/THE CANADIAN PRESS

"They had hope that she was still alive, and the picture proved that she was still alive," he said.

In the photo, the girl is holding at white card with the number 268 on it.

Masalmeh said he's not sure who took the photo, and he says requests for information from the Red Cross, the Italian government and police have yielded no useful information. The girl has an aunt living in Kitchener, Ont. and a grandmother living in Jordan, but Masalmeh says the family has had no luck making phone calls and submitting paperwork through official channels. THE CANADIAN PRESS

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Sparkle added to bear poo

STUDY

Colour glitter used to tell one pile of scat from another

Elisha Dacey
Metro | Winnipeg

A polar bear swims at Journey to Churchill at Assiniboine Park Zoo in Winnipeg. METRO FILE

It brings new meaning to the term 'chasing rainbows.'

Researchers at Winnipeg's Assiniboine Zoo confirmed on Tuesday that they study the scat of their resident polar bears — and to tell one pile of poop from another, eight of the nine bears are fed a different colour of glitter.

"We have some questions about how polar bears are adjusting when they come from Churchill or Northern Manitoba," said Stephen Petersen, head of conservation and research at Assiniboine Park Zoo, where the International Polar Bear Conservation Centre is located.

The researchers are testing the level of cortisol — a stress hormone — in each bear to make sure the bears are adjusting well, said Petersen. If a bear is stressed out, say, from being in the public eye, handlers will make sure the bear gets a break.

In order to tell whose waste is whose, that's where the glitter comes in, said Peterson.

"So our bears will get a meatball with a little glitter in it, and each bear is assigned a different colour," said Petersen. Samples are collected by the zookeepers to be tested for local and international study, including researchers from the Toronto Zoo, Guelph University and an American research group.

> **We use kids' craft glitter, so safe for children to eat, and safe for polar bears.**
> Stephen Petersen

The bears are fed the glitter from the time they're cubs until they reach sexual maturity, about 6-8 years for the males and 4-5 years for the females.

And don't worry, the glitter is perfectly harmless.

"We use kids craft glitter, so safe for children to eat, and safe for polar bears," said Petersen.

Petersen said while it's funny to be talking about glittery poop, it is a reminder that the bears are being studied, not just housed, in the hopes of helping both captive and wild bear populations.

DE GROOD TRIAL

Psychotic findings accepted

A Calgary man has been found not criminally responsible for stabbing five young people to death at a house party two years ago in a ruling that gives family members of the victims little closure.

A court sketch of Matthew de Grood. THE CANADIAN PRESS

Justice Eric Macklin of Court of Queen's Bench delivered the verdict Wednesday in the first-degree murder trial of Matthew de Grood.

Macklin said he accepted findings from two psychiatrists and a psychologist who testified that de Grood was psychotic at the time of the killings.

The finding means de Grood will be kept in a secure psychiatric facility pending assessment by the Alberta Review Board. A hearing is to take place in 90 days.

THE CANADIAN PRESS

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Punks, not politics, caused Trump riot

NEW MEXICO

Authorities say unruly mobs intended to cause mayhem

A day after a riot erupted outside a Donald Trump rally, Albuquerque officials blamed the downtown melee not on impassioned politics but on an unruly group intent on creating chaos in a city that has seen more than its share of violence.

Some participants openly admitted that they set out to cause disruption. Many in the crowd were seen with gang tattoos and at one point chanted to Trump supporters that they controlled the streets.

"I woke up all hung over and stuff," said Chelsea Rae Gray, a 24-year-old musician. "And then I said, 'Let's see what kind of chaos we can get into.'" She said she came to the protest in her pyjamas and stole some Trump T-shirts from vendors during the confusion.

"Then I burned them," she said.

Cleanup crews spent Wednesday clearing away broken glass and charred debris in the largest city in the nation's largest Hispanic state. The mayor and police were tallying up the damage that spread to several blocks near historic Route 66.

> It was a riot that was the result of a mob trying to cause damage and injury to public property.
> City Council member Dan Lewis

Tuesday's gathering quickly turned from peaceful political opposition to chaos. Demonstrators stomped on patrol cars and shattered windows with rocks, authorities said.

Six officers were hurt after being hit with fist-sized rocks. They were treated at the scene, a police spokeswoman said.

At one point, a female protester was physically dragged from the stands by security. Other protesters scuffled with security as they resisted removal from the convention centre, which was packed with thousands of loud and cheering Trump supporters.

Trump responded with his usual bluster, instructing security to remove the protesters and mocking their actions by telling them to "Go home to mommy."

He responded to one demonstrator by asking, "How old is this kid?" Then he provided his own answer: "Still wearing diapers."

"It was a riot that was the result of a mob trying to cause damage and injury to public property and innocent citizens exercising their constitutional right to peaceably assemble," City Council member Dan Lewis said. THE ASSOCIATED PRESS

Riot police block off the Albuquerque Convention Center after a rally and speech by Republican presidential candidate Donald Trump in Albuquerque, N.M., Tuesday. THE ASSOCIATED PRESS

IN BRIEF

11 states suing over transgender directive

Texas and 10 other states are suing the Obama administration over its directive to U.S. public schools to let transgender students use the bathrooms and locker rooms that match their gender identity.

The lawsuit announced Wednesday includes Oklahoma, Alabama, Wisconsin, West Virginia, Tennessee, Maine, Arizona, Louisiana, Utah and Georgia. THE ASSOCIATED PRESS

UN says food aid reaches less than half of Syrians

Food aid has reached nearly half the civilians trapped in besieged areas of Syria, but much more remains to be done to help the 13.5 million in need across the war-torn nation, according to a UN report issued Wednesday. The report says there was an overall increase in fighting and a rise in civilian casualties in April. Food aid has reached over 200,000 people or 41.9 per cent of those living in besieged areas, nearly double the 21 per cent reached in March. THE ASSOCIATED PRESS

MIGRANT CRISIS

Greek refugee efforts lauded

Greece has faced major problems in dealing with the refugee crisis but has made a significant effort to handle the issues, a leading European human rights official said Wednesday. However, Council of Europe Secretary General Thorbjorn Jagland said, that concerns remain about the detention of some asylum-seekers while their applications are being processed in Greece.

Greece has been the main gateway into Europe for hundreds of thousands of people, the vast majority from Syria, Iraq and Afghanistan, fleeing war and poverty. In March, the European Union and Turkey reached an agreement to stem the flow, under which anyone arriving clandestinely on Greek islands from the Turkish coast after March 20 faces deportation back to Turkey unless they successfully apply for asylum in Greece. THE ASSOCIATED PRESS

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ADVANCING GENERICS

Drug deemed risky by U.K.

MILITARY

Anti-malaria drug given to Canadian veterans

A controversial drug that has been given to thousands of Canadian soldiers and is still in use in the military was deemed too risky for British troops in a landmark report released Tuesday.

The report by MPs on the U.K. parliamentary defence committee recommended that the British military use the anti-malaria drug mefloquine only as a "drug of last resort," due to the risk of severe psychological side effects. While adverse reactions to the drug are "in the minority, we do not believe that the risk and severity of these side effects are acceptable for our military personnel overseas," the report said.

In Canada, the report was welcomed by veterans who say the Canadian military has lagged behind its allies in restricting the drug's use and addressing the legacy of long-term side effects among soldiers.

Dave Bona, a veteran of the Canadian Airborne Regiment, says the Canadian military should follow the recommendations of a new U.K. report on mefloquine. TORSTAR NEWS SERVICE

Mefloquine, also sold under the brand Lariam, is one of several drugs used by the Canadian military to prevent malaria on missions to countries where the disease is present. According to pharmacy records, 15,677 Canadian soldiers were given the drug between January 2001 and March 2012, said National Defence spokeswoman Jennifer Eckersley.

The drug was first issued to Canadians in the ill-fated 1992-93 Somalia mission. All 900 soldiers with the Canadian Airborne Regiment on that mission were given the drug as part of a clinical trial. Mefloquine was unlicensed in Canada at the time, and some veterans of the mission have blamed the drug's side effects for violence by some soldiers, including the beating death of a Somali teen.

Dave Bona, a former Canadian Airborne soldier who suffered serious side effects from mefloquine in Somalia and Rwanda, said the U.K. report should be a turning point in Canada.

"After this report, it should be clear to the federal government. If they don't take action, there is something seriously wrong," said Bona from his home near Saskatoon.

After taking his first dose, Bona felt nauseous and had seizures that night. He was plagued by insomnia, nightmares and "explosive anger" during his nine-month deployment.

Bona experienced the same pattern after taking the drug in Rwanda in 1994. "I'd get so angry I could not think straight," he said.

After his deployments, Bona's symptoms followed him back to Canada. His marriage broke up, he turned to alcohol and he had trouble keeping jobs.

TORSTAR NEWS SERVICE

AZERBAIJAN

Noted journalist freed

A prominent, award-winning Azerbaijani journalist was released on probation Wednesday following a storm of international protests about her imprisonment, which has been widely seen as an attempt to silence a critical voice.

Khadija Ismayilova has been praised by human rights and free-speech organizations around the world, who call her conviction and her 7 1/2-year prison sentence retribution for her reports on alleged corruption involving President Ilham Aliyev and his family in the former Soviet republic.

In September 2015, a court in Azerbaijan convicted Ismayilova, a contributor to U.S. government-funded Radio Free Europe/Radio Liberty, of several financial crimes.

On Wednesday, Azerbaijan's Supreme Court ruled to replace the earlier sentence with a 3 1/2-year suspended sentence and ordered her released on probation.

The court set a five-year period for her probation.

THE ASSOCIATED PRESS

ADVERTISING ADVERTISING

Free E-Cigarette Kits in Exchange for Your Last Pack of Cigarettes

To celebrate World No Tobacco Day, 180 Smoke Vape Store, a crowd sourced Toronto company, is giving away hundreds of free e-cigarette kits to smokers who are willing to partake in the "commit2switch" program and dump their last pack of cigarettes.

180 Smoke Vape Store has been vigorous in harm reduction by encouraging tobacco smokers to consider alternatives to combusted tobacco products. The company is offering a truly fantastic incentive for anyone committed to harm reduction, and willing, to participate in our commit2switch program and part ways with their final pack of smokes'.

A report published and carried out by Public Health England (PHE), found that "e-cigarettes are around 95% less harmful" than smoking tobacco, and that the National Health Service should consider recommending them to help people quit smoking all together."

Hundreds of kits are expected to be given away" during May 28th - 31st to all to smokers committed to tobacco harm reduction.

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Prime Minister Justin Trudeau and Fort McMurray Fire Chief Darby Allen look over a burned out car during a visit to Fort McMurray, Alta., earlier this month. The wildfires forced several oilsands operations to shut down. THE CANDIAN PRESS

Wildfires inflicted damage on economy

BANK OF CANADA

Disaster will cut GDP by 1.25 points in second quarter

The Bank of Canada said Wednesday that the wildfires that razed parts of Fort McMurray, Alta., and forced the shutdown of several oilsands operations will exact a toll on the economy, but noted that it would be temporary as it kept its key interest rate on hold.

The central bank said that its preliminary assessment — its first since the disaster erupted earlier this month — suggests the fires will cut 1.25 percentage points off real GDP growth in the second quarter.

In its April monetary policy report, the bank had predicted growth at an annual rate of 1.0 per cent for the second quarter.

"While we don't know the bank's updated tracking excluding the wildfires, it's likely that the bank is tracking a contraction for the second quarter," TD Bank senior economist Leslie Preston said.

The Bank of Canada is expected to update its full outlook for the economy and inflation in its next monetary policy report on July 13, when it also makes its next rate announcement.

Despite the cut to its expectations for growth in the second quarter, the Bank of Canada kept its key interest rate at 0.5 per cent. The rate is a major factor used by Canada's big banks in determining their prime lending rates.

The central bank noted that growth in the first quarter was in line with expectations and the economy is expected to rebound in the third quarter as oil production resumes and reconstruction of the areas devastated by the fire begins.

The downgrade of the second quarter follows similar moves by economists at some of Canada's big banks.

THE CANADIAN PRESS

EQUALITY

Gender gap not closing among CEOs

$18M

The median pay for a female CEO, up 13 per cent from 2014.

For the second year in a row, female CEOs earned more than their male counterparts and received bigger raises.

But only a small sliver of the largest companies are run by women, and experts say gender parity at the top remains way off.

The median pay for a female CEO was nearly $18 million last year, up about 13 per cent from 2014. By comparison, male CEOs' median pay was $10.5 million, up just 3 per cent from a year earlier, according to an analysis by executive compensation data firm Equilar and The Associated Press.

A pay hike doesn't tell the full story though.

The jump is largely due to the small sample size: only 17 of the 341 CEOs were women.

That means any one CEO's compensation — Yahoo CEO Marissa Mayer's nearly $36 million package, for example, or Mary Dillon's 200 per cent raise at Ulta — can skew the results. Of the 10 highest paid CEOs on the list, only one was a woman: Yahoo's Marissa Mayer.

The next highest-paid woman was Indra Nooyi, Chairman and CEO of PepsiCo Inc., who earned $22.2 million. General Dynamics CEO Phebe Novakovic came in third at $20.4 million. THE ASSOCIATED PRESS

IN BRIEF

Wrestler, website and billionaire go to the mat

Two months after Hulk Hogan won a $140-million invasion-of-privacy verdict against Gawker for posting a sex tape of him, news reports say the pro wrestler is bankrolled by Silicon Valley venture capitalist Peter Thiel. Thiel, who co-founded PayPal and was an early investor in Facebook, was outed as gay by a Gawker-owned website in 2007. Wednesday, Hogan and Gawker were back in a Florida court, where a judge denied his request for a new trial and refused to reduce damages. THE ASSOCIATED PRESS

Bank of Montreal to cut about 1,850 positions

The Bank of Montreal says it is cutting its workforce by about 1,850 positions as consumers shift more of their banking online and technological advancements allow it to digitize some of its processes. There were 46,166 full-time equivalent employees at the bank as of the second quarter, a decline of 616 employees from the previous quarter. The lender says it will trim its head count by an additional four per cent, which amounts to roughly 1,846 positions. THE CANADIAN PRESS

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PHILOSOPHER CAT by Jason Logan

TWO VIEWS ON HARPER'S EXIT

CHANTAL HÉBERT UPSIDE: NEW CLIMATE POLICY?

The federal Conservatives are gathering in Vancouver this weekend to praise Stephen Harper on Thursday and — if they are smart — to start burying some of his signature policies over the rest of their national convention.

It will be the first time Harper addresses his party and Canadians since his election-night defeat. It will also be the last time he speaks to the Conservatives as an elected politician. By the time the party picks his successor a year from now, the former prime minister will be long gone.

More so than Harper's parting words, his departure — expected at the end of the spring session of Parliament — should clear the way for a post-mortem the Conservatives can ill afford to avoid.

Last October, a mismanaged election campaign only compounded the decade-long mismanagement of some core policies. Few of those are more closely identified with Harper's leadership than the party's dismissive approach to climate change. On his watch it became part of the Conservative brand, and an albatross around the party's neck.

If the post-Harper Conservatives need strategic reasons to make their peace with the environmental issue of the era and end their war on carbon pricing, the foundering of their full-speed ahead pipeline agenda should provide it.

By focusing on getting more bitumen oil to tidewater to the exclusion of climate change mitigation the Conservatives did not just set back the pipeline projects they were purporting to promote; they also poisoned their own well.

Last October, Harper's approach paid few dividends in the parts of Atlantic Canada where projects such as TransCanada's Energy East pipeline otherwise enjoy widespread support. His candidates were beaten across the region.

It failed even more spectacularly in British Columbia. Going in to the last campaign, B.C. was a longstanding pillar of Conservative support. On the scale of the party's past presence in the province, Canada's Conservatives are paying a visit to a field of ruins this weekend. Some numbers:

The Conservatives came out of the last election holding only 10 of 42 B.C. seats, seven less than the Liberals and four less than the NDP. It was the worst Conservative showing in at least three decades.

Between 2011 and 2015, the Conservative share of the vote went from 45 per cent to 30 per cent. Over Harper's majority mandate, the party lost almost 150,000 B.C. supporters.

More than one ingredient went into the mix of the Conservative debacle. In B.C. as everywhere else, voter fatigue with the 10-year old government and its leader. The retirement of high-profile minister James Moore highlighted a weaker provincial team. Not since John Turner ran for a Vancouver seat in 1984 and 1988 had the Liberals had a leader who could — as Justin Trudeau did — boast a personal connection with the province.

But B.C..was also then and is now the ground zero of the pipeline debate, with two high-profile projects — Northern Gateway and Kinder Morgan — on the radar. Its Liberal government pioneered a carbon tax in 2008. If there was a place in Canada where the federal Conservatives' quasi-daily rants against such a tax stood to come across as gross fear-mongering, B.C. was it.

Those rants did much to advance the notion that a Harper-led government could not be an honest broker in the search for a balance between environmental protection and energy development.

An Abacus poll published this week found that about 30 per cent of British Columbians are outright supporters of the pipelines. That matches the proportion that voted for Harper last fall. But another 30 per cent say they could come on side under certain conditions related to the protection of environmental and indigenous interests. It is that sizable constituency that the Conservatives drove to Trudeau over the course of Harper's watch.

ROSEMARY WESTWOOD DOWNSIDE: HIS JOB'S NOT DONE

Not so fast, Mr. Harper.

It seems the man we once feared harder to get rid of than a period stain is actually planning to leave us. The rumours broke yesterday: Insiders say Stephen Harper will resign from politics before the summer is through. And while the metaphoric backside of Harper is his only good side, in my opinion, I'm not at all pleased. In fact we should all be insulted.

Of course, anyone can see why he'd want to skip out on the next three years of Trudeau Land. Don Martin, host of CTV's politics show Power Play, assures us Harper has "gamely hung on" during the "excruciating" experience of Liberal rule these past months (cue violins). "He has suffered enough," we're told, by simply having to be a lowly, regular old opposition MP.

Spare me. This surely can't be fun for our haughtier-than-thou former PM, but that's something he should have thought about before running for re-election.

Perhaps Harper, swept up in his mission to rule Canada, if not the world, actually forgot that it wasn't just the Prime Minister's Office he was campaigning for: it was the much more cramped space belonging to the federal representative for the people of Calgary Heritage.

Harper has a duty to serve those constituents, one that should not be taken lightly or so easily swept aside. It's not even that bad a gig: He might be restricted to representing only the 80,000 voters in his home riding, but he's being paid a cozy $170,400 to do it.

While we're talking numbers, Harper's early election call launched a campaign totalling $443-million for all parties — a whopping 53 per cent jump from 2011, which we mere citizens are partly on the hook for. Any byelection triggered by a Harper resignation would cost hundreds of thousands more.

While there seems something especially petty about a once-mighty Harper refusing to do the work of some Canadians because most of the rest of us rejected him, this is hardly a Conservative problem. Federal politics is full of stories of early resignations, some more credible than others: Wanting to "spend time with family" is nice, but an obvious cop out. Taking another job is also a poor excuse for throwing our votes back in our faces. The arrogance and two-timing of the thing particularly grates.

Dennis Pilon, a political scientist at York University, told me that Canadian politics, among parliamentary systems, is particularly afflicted by early resignations. Moral suasion, he said, could be a treatment: "If the public conveys its displeasure with these kinds of antics, it raises the price on this sort of misbehaviour."

Of course, the only displeasure Harper would recognize is that of his own flock, and judging from comments on the Calgary Herald's website, conservatives are full of thanks for their former leader and wishes of "happy trails." I'm sure this response represents only a momentary lapse in commitment to stick-to-your-guns, see-the-job-through, don't-waste-taxpayers'-money conservative values.

I'm sure, if given the chance, Calgary Heritage's stalwart conservatives would again rush to re-elect him, despite knowing full well they were once but a means to a much bigger, juicier end.

For some politicians, a vote is clearly worthless if you don't get exactly what you want.

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Living life in the shadow of Pablo Picasso

The Mermaid, painted in 1986 by Françoise Gilot. CONTRIBUTED

BIOGRAPHY

Françoise Gilot is still feisty, continues to paint in her 90s

Sue Carter
For Metro Canada

When German journalist Malte Herwig interviewed Françoise Gilot for the first time in 2012, he had a tough time convincing the then-92-year-old artist to pose for the accompanying magazine photos. There's no way in hell, she told him. Desperate, he tried to appeal to her ego. "I had the stupid idea to compliment her with the first thing that came to mind, which is, 'but you are very photogenic, madame.'"

Gilot shrieked with laughter, which was when Herwig realized his error. "I thought, 'Wow, is there anything more stupid I could have said to a woman who has been captured in portrait by Matisse and Picasso?'"

Awkward moment aside, three years later Gilot would pose in her studio for more photos to accompany Herwig's new book, The Woman Who Says No: Françoise Gilot on Her Life With and Without Picasso, published by Vancouver publisher Greystone Books. It's a fascinating story of a woman who, regardless of her own impressive artistic credentials, will forever be destined as a footnote in the biographies of her former lovers — artists Pablo Picasso and Henri Matisse, and medical researcher Jonas Salk, who discovered the first polio vaccine.

But the photos in Herwig's book, taken by Berlin photographer Ana Lessing, present an elegant, energetic woman who is clearly living as a successful artist in her own right, without a care for her notorious past. It's easy to see why Herwig was so taken by Gilot, and why, rather than writing a straightforward biography, he chose to pose the book as a series of lessons that he learned from spending time with the elderly artist, travelling between her Paris and New York–based studios. "The teacher-disciple dialogue is an ancient form since the 17th century. I thought I would revise it for modern day, sort of like Mitch Albom did for Tuesdays with Morrie," Herwig says.

Born in 1921 to a well-educated, wealthy family, Gilot's parents dreamed of having a boy, which led to her father treating her more like a son, which Herwig suggests set her up with the strong self-confidence and financial means that Picasso's previous partners — most of whom ended up committing suicide or in mental institutions — never enjoyed. Gilot met the famous artist when she was 21 and he was 61, and were together for 10 years, giving birth to two children, Claude and Paloma. After Gilot decided to leave Picasso for good, he threatened European gallerists that showing her work there would mean he would withdraw his own paintings, but instead of being defeated, she moved to New York, and began her own, if not understated, career there.

That is not to say that Gilot's life has been easy.

"Nowadays children of celebrities they do their own thing, a fashion label, perfume, whatever, that's a dime a dozen," says Herwig.

"But back then it was still different. Picasso was the celebrity of 20th-century art and he cast a long shadow. But she did something on her own."

Though her health is ailing and she's tired of life, Gilot still gets up to paint daily, while still in her slippers — she can't imagine doing anything else. "That's what fascinated me," says Herwig. "How your work as an artist enables you to live fully. That's also something we can all aspire to, rather than fall into the routine of everyday life. She helped pull me out of my own routine by giving me something to watch, to observe, to think about."

Sue Carter is the editor at Quill & Quire magazine.

BUSINESS

First store opening in five years heralds Indigo comeback

Indigo has opened a new book store at Sherway Gardens in Toronto, its first in five years. It will carry 80,000 titles.

After years spent battling a declining book market and defying prophecies of doom, Indigo is back in growth mode, said founder and CEO Heather Reisman, leading a guided tour of a new store at Sherway Gardens on Tuesday.

It's the first store the chain has opened in more than five years, and follows a series of high-profile Indigo closures.

"So many people were writing Indigo off," said Reisman. "The key is to reinvent, to create a new vision and to go to that vision with real conviction."

Reisman said sales of physical books grew eight per cent last year, which is creating a cautious optimism among Canadian booksellers.

In 2015, the number of books sold nationally increased to 52.6 million, up from 52 million in 2014 and 2013, according to data from Booknet Canada.

"We'll see how 2016 unfolds, but it seems we may be reaching a settling in market," said Kate Edwards, executive director of the Association of Canadian Publishers.

Shaken by a steep decline in physical books sales following the introduction of e-readers and competition from online retailers like Amazon, Indigo has been searching for new footing. It has added toys to the mix and brought the American Girl doll brand to Canada to boost traffic and related sales.

The company has spent the last five years transforming from a bookstore to cultural department store for book lovers. The new location at Sherway Gardens is the first to fully encompass that new vision.

The new store features curated shops-within-a-shop, with books on common topics mooring a selection of related merchandise in open-concept rooms. Books on well-being are merchandised with electronic fitness trackers and water bottles.

Books make up 60 per cent of merchandise in the new store, said Reisman.

"All of our stores are moving in this direction and we will, over the next couple of years, transform the entire collection of stores to be like this."

She's optimistic about the future of books, because young readers — the demographic typically glued to their mobile phones — are driving sales of physical books, Reisman said.

"Tweens and teens — that category is on fire.

"They're spending so much time glued to their screens, I think they intuitively know they need that rest, that moment to disconnect, because they don't disconnect much."

TORSTAR NEWS SERVICE

Indigo's CEO Heather Reisman. TORSTAR NEWS SERVICE

BOOK EXCERPT

GRIT, BY ANGELA DUCKWORTH

Keys to success

In her new book Grit: The Power of Passion and Perseverance, researcher, psychologist and professor Angela Duckworth looks into success and what powers it.

Rather than suggesting success comes from an innate "genius," Duckworth argues its a combination of passion and perserverance — a sense of Grit.

In this excerpt, Duckworth sheds light on how we can discover how "gritty" we are in our own life.

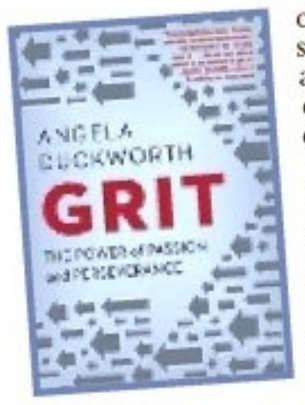
EXCERPT FROM GRIT BY ANGELA DUCKWORTH ©2016. PUBLISHED BY HARPERCOLLINS PUBLISHERS LTD. ALL RIGHTS RESERVED.

I recently gave a lecture on grit to undergraduates at the Wharton School of Business. Even before I'd cleared my notes from the podium, an aspiring entrepreneur rushed to introduce himself. He was charming — full of the energy and enthusiasm that makes teaching young people so rewarding.

Breathlessly, he told me a story meant to illustrate his own prodigious grit. Earlier that year, he'd raised thousands of dollars for his startup, going to heroic lengths to do so, and pulling several allnighters in the process.

I was impressed and said so. But I hastened to add that grit is more about stamina than intensity. "So, if you're working on that project with the same energy in a year or two, email me. I can say more about your grit then."

He was puzzled. "Well, I might not be working on the same thing in a few years."



Good point. Lots of ventures that seem promising at the start turn out badly. Lots of optimistic business plans end up in the discard bin. "Okay, so maybe this particular startup won't be what you're working on. But if you're not working in the same industry, if you're on to some totally unrelated pursuit, then I'm not sure your story illustrates grit."

"You mean, stay in one company?" he asked.

"Not necessarily. But skipping around from one kind of pursuit to another — from one skill set to an entirely different one — that's not what gritty people do."

"But what if I move around a lot and, while I'm doing that, I'm working incredibly hard?"

"Grit isn't just working incredibly hard. That's only part of it." Pause.

"Why?"

"Well, for one thing, there are no shortcuts to excellence. Develop ing real expertise, figuring out really hard problems, it all takes time— longer than most people imagine. And then, you know, you've got to apply those skills and produce goods or services that are valuable to people. Rome wasn't built in a day."

He was listening, so I continued.

"And here's the really important thing. Grit is about working on something you care about so much that you're willing to stay loyal to it."

"It's doing what you love. I get that."

"Right, it's doing what you love, but not just falling in love — staying in love."

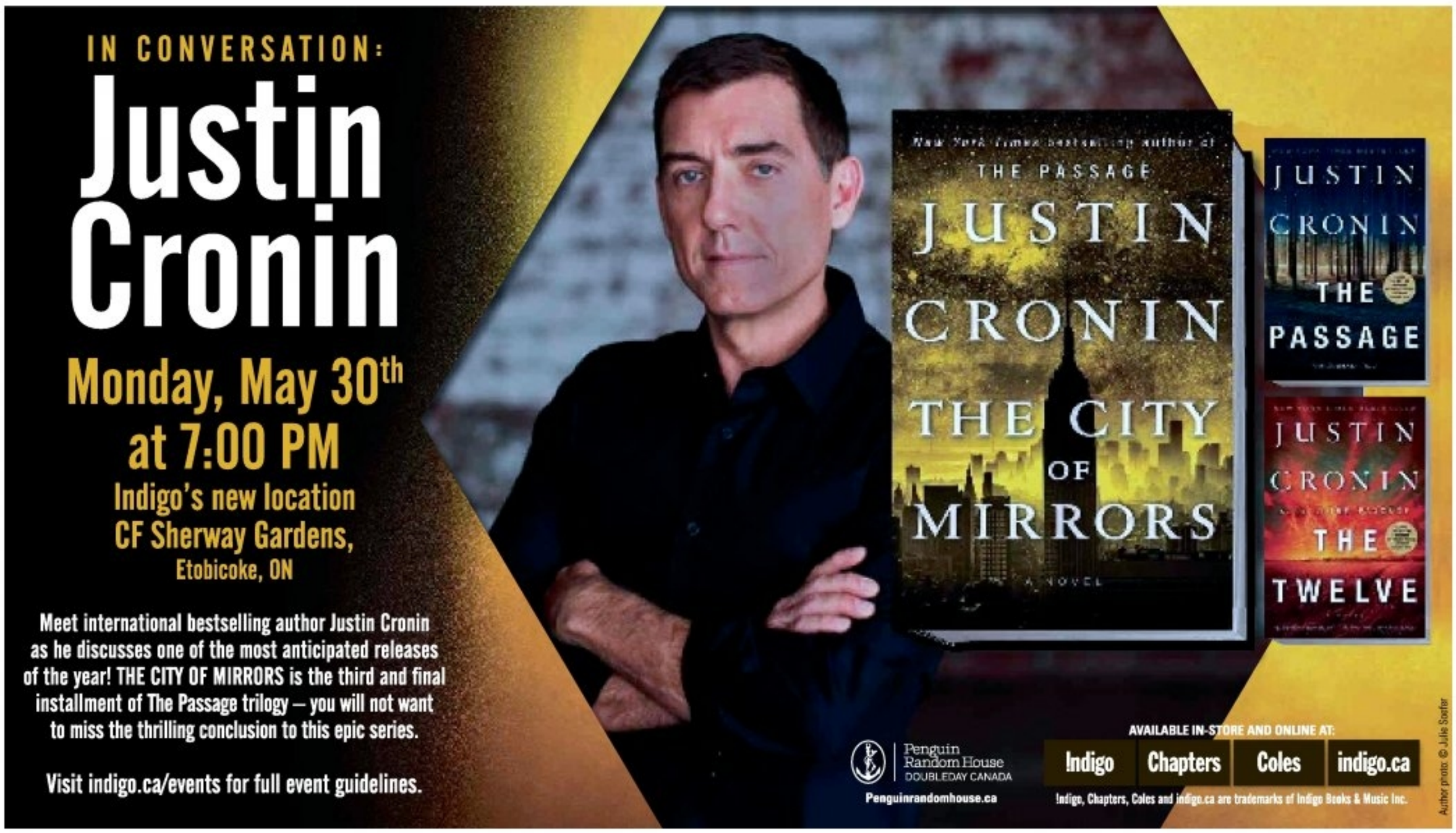
• • • • • • • • • • • • •

How gritty are you? On the right is a version of the Grit Scale I developed for my study at West Point and which I used in other studies described in this book. Read each sentence and, on the right, check off the box that makes sense. Don't overthink the questions. Instead, just ask yourself how you compare — not just to your coworkers, friends, or family — but to "most people." Keep in mind that your score is a reflection of how you see yourself right now. How gritty you are at this point in your life might be different from how gritty you were when you were younger. And if you take the Grit Scale again later, you might get a different score. As this book will continue to show, there is every reason to believe that grit can change.

Grit has two components: passion and perseverance. If you want to dig a little deeper, you can calculate separate scores for each component: For your passion score, add up your points for the oddnumbered items and divide by 5. For your perseverance score, add up your points for the even-numbered items and divide by 5.

If you scored high on passion, you probably scored high on perseverance, too. And vice versa. Still, I'll take a guess that your perseverance score is a wee bit higher than your passion score. This isn't true for all people, but it's true for most people I've studied. For instance, I took the scale while writing this chapter, and I scored 4.6 overall. My perseverance score was 5.0, and my passion score was only 4.2. Strange as it sounds, staying focused on consistent goals over time is more of a struggle for me than working hard and bouncing back from setbacks.

This consistent pattern —



'How gritty are you?'

	Not at all like me	Not much like me	Somewhat like me	Mostly like me	Very much like me
1. New ideas and projects sometimes distract me from previous ones.	5	4	3	2	1
2. Setbacks don't discourage me. I don't give up easily.	1	2	3	4	5
3. I often set a goal but later choose to prursue a different one.	5	4	3	2	1
4. I am a hard worker	1	2	3	4	5
5. I have difficulty maintaining my focus on projects that take more than a few months to complete.	5	4	3	2	1
6. I finish whatever I begin	1	2	3	4	5
7. My interests change from year to year	5	4	3	2	1
8. I am diligent. I never give up	1	2	3	4	5
9. I have been obsessed with a certain idea or project for a short time but later lost interest	5	4	3	2	1
10. I have overcome setbacks to conquer an important challenge	1	2	3	4	5

perseverance scores more often topping passion scores — is a clue that passion and perseverance aren't exactly the same thing. In the rest of this chapter, I'll explain how they differ and show how to understand them as two parts of a whole.

• • • • • • • • • • • • •

While taking the Grit Scale, you might have noticed that none of the passion questions asked how intensely you're committed to your goals. This may seem odd, because the word passion is often used to describe intense emotions. For a lot of people, passion is synonymous with infatuation or obsession. But in interviews about what it takes to suc- ceed, high achievers often talk about commitment of a different kind. Rather than intensity, what comes up again and again in their remarks is the idea of consistency over time.

For instance, I've heard of chefs who grew up watching Julia Child on television and remained fascinated with cooking into adulthood. I've heard of investors whose curiosity about the financial markets is as keen in their fourth or fifth decade of investing as it was on their very first day of trading. I've heard of mathematicians who work on a problem — the same problem — day and night for years, without once deciding, "Oh, to heck with this theorem! I'm moving on to something.

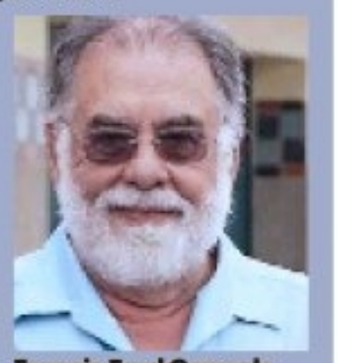
BOOK BRIEFS

Coppola to release Godfather notebook

Francis Ford Coppola is to publish the notebook he kept during making of his classic film The Godfather reports Rolling Stone.

The 720-page The Godfather Notebook will detail the creative process behind the 1971 film, and will include Coppola's own annotations and directions, casting notes, and never-before-published photos.

"This notebook was my private work reference to The Godfather film, and after many years, I'm excited to share it with those who may be interested," said Coppola. The book will be released Nov. 15 via Regan Arts. AFP



Francis Ford Coppola. AFP

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Elizabeth Olsen, Chris Evans and Sebastian Stan in Captain America: Civil War, which was criticized online for its lack of lesbian, gay, bisexual or transgender characters. DISNEY/MARVEL

GLAAD responds to hashtag campaign

ACTIVISM

'Give Captain America a Boyfriend,' Twitter says

Captain America snags a kiss from Sharon Carter in the latest Marvel pic, Captain America: Civil War, but many fans are wishing it was from someone else — specifically, a man.

On Tuesday, the hashtag #GiveCaptainAmericaABoyfriend became a top trending topic on Twitter, which advocacy group GLAAD says is a sign that audiences are eager for significant LGBT characters in their superhero movies. This comes less than a month after GLAAD issued its annual studio responsibility index, which found that Walt Disney Studios, which owns Marvel, included zero LGBT characters in its films last year.

"It's getting increasingly difficult to ignore that LGBT people remain almost completely shut out of Hollywood's big budget comic films that have dominated the box office over the past couple of years," said Megan Townsend, GLAAD's entertainment media strategist, who noted there are LGBT characters in both the source comics and in television adaptations, but not on the big screen.

Tuesday's trending was powered by both advocates and dissenters.

Scores of Twitter users suggested that Steve Rogers/Captain America (Chris Evans) be paired up with his old friend Bucky Barnes/The Winter Soldier (Sebastian Stan), who has been a significant player in all three Captain America films. But other tweets decried the rallying call, stressing that the character has never been gay in the comic book source material.

Townsend disagrees. In fictional worlds, she said, there's "room for established characters to have backstories built out that we weren't aware of."

Beyond Captain America, too, Townsend noted that there are LGBT characters in Marvel comics, like a pair of lesbians in Guardians of the Galaxy, who she hopes audiences might meet in the next film version, out next year.

Captain America: Civil War is poised to become the highest grossing film of the year in a matter of days, and has already earned over $1 billion worldwide. That sort of worldwide visibility is invaluable in fostering greater acceptance, GLAAD says.

"We've met with several activists who have (noted) the power of U.S. media in their country and how the conversations have changed there," Townsend said. "They really do have an opportunity."

It remains to be seen whether or not Hollywood will make any adjustments based on fan campaigns like these. Neither Disney nor Marvel responded to requests for comment. But for GLAAD, it's another sign that the public is not satisfied with the status quo, and a case to "let it go."

THE ASSOCIATED PRESS

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Louis C.K.'s character Horace confesses his odd fantasies to his late father's girlfriend in a hilarious dream sequence in Horace and Pete. CONTRIBUTED

JOHANNA SCHNELLER WHAT I'M WATCHING

The lonely side of Louis C.K.

THE SHOW: Horace and Pete, Season 1, Episode 2
THE MOMENT: The sex fantasy

Horace (Louis C.K.) sits in his Brooklyn apartment, taking a break from the bar downstairs, which he runs with his brother Pete (Steve Buscemi). His late father's girlfriend, Marsha (Jessica Lange), appears beside him on the sofa. As they chat, it becomes clear Horace is imagining this.

"Why can't I have normal sex fantasies?" Horace asks. "I wish I had clean sex, about love. People have sex, and the whole time they're smiling at each other."

"Like Obama," Marsha says.

"Yeah," Horace says. "I bet they have nice sex, clean and full of love."

"Where did you get the idea that there are clean hardons?" Marsha sneers. "Sex is dirty. Bad and dirty and smelly and messy…"

"I just came," Horace says.

I've only watched two of the ten episodes, which Louis C.K. writes, directs, and sells on his website for $31 U.S., and I really like it. It's filmed like a play. It's quite still — no soundtrack, no fancy edits. It's populated with great actors, who are palpably keen to help Louis C.K. make something that feels new: Alan Alda as Horace's racist uncle; Edie Falco as his sister, who's fighting to sell the bar; Aidy Bryant as his daughter, who's trying to love him.

But Horace and Pete is some of the loneliest television you will ever see. Art exists to explore uncomfortable truths, and the truth depicted here is that even when we're surrounded, we're alone; even when people want to help, they usually can't. It's Cheers by way of Long Days' Journey into Night.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

TRAGICALLY HIP ANNOUNCES TOUR

Concerts planned across Canada despite lead singer's cancer

The Tragically Hip will tour Canada this summer in support of their new album Man Machine Poem, the band announced Wednesday, a day after it revealed that lead singer Gord Downie has terminal brain cancer. **The band will stop in Toronto for two shows on Aug. 10 and Aug. 12.**

TORSTAR NEWS SERVICE

Gord Downie in 2003.
KEVIN FRAYER/THE CANADIAN PRESS

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Britain has a "lost generation" with no gardening skills, the Royal Horticultural Society warns

Can't afford to buy here?

...Then buy this

Faced with soaring city prices, some millennials are eyeing vacation properties

Megan Haynes
For Metro Canada

Adam Jamieson was a bit preoccupied with owning a piece of land. He chalks it up to one of his favourite books, The Apprenticeship of Duddy Kravitz, by Mordecai Richler, in which owning land is a theme.

But the 32-year-old senior account executive at advertising firm Juice Mobile couldn't afford Toronto on a solo salary, so he looked outside the city. Way outside the city.

At the end of this month, Jamieson is closing on a three-bedroom, one-bath home near Haliburton. The house is situated on a lake, and fulfills a dream he had as a kid to own a cottage. And, best of all, at $475,000, it was in his price range.

He'll continue to rent downtown Toronto, able to spend his weekends at the cottage with friends and family. He plans to rent out the property when he's not using it to make a bit of extra cash. "It's not the first choice I'd make," he says. "I wanted to be in the core of the city, but I'm not a condo guy and I really can't afford (a house) at this point."

The hot housing market continues to price young and first-time buyers out of cities like Toronto and Vancouver. Australia-based research firm Demographia listed Vancouver as the third-most unaffordable housing market in the world, while a recent Bank of Montreal survey found 32 per cent of 19- to 35-year-olds say home ownership in Toronto is unaffordable. Another survey by Angus Reid in August, 2015, found 45 per cent of Toronto's millennials are looking outside the city core because of the high cost of ownership.

But despite the challenges in owning a primary home, young adults seem to have an affinity for cottages: One survey by TD found that 25 per cent of millennials plan to eventually buy a vacation property (compared to 13 per cent of the rest of the population). In the U.S., the National Association of Realtors, found the average age of cottage buyers is trending downwards (43 today versus 61 in 2003), and more millennials are buying a vacation property as an investment opportunity.

> **"I wanted to be in the core of the city, but I'm not a condo guy and I really can't afford (a house) at this point**
>
> Adam Jamieson on why he bought a cottage

Considering the affordability of the market, looking at alternative options makes sense for first-time home buyers, says Tsur Somerville director at the University of British Columbia's Centre for Urban Economics and Real Estate.

He cautions buyers need to make sure they understand the realities of owning a cottage.

Vacation homes don't make sound investments since they can be difficult to sell when the economy does poorly (which is typically when people want to divest of their assets). "It's a much more discretionary purchase," he says. "Everybody needs shelter, but everybody doesn't need a vacation home."

If the cottage is somewhere the buyer plans to spend a lot of time, then it makes more sense, since he or she will be getting more enjoyment out of it, Somerville says. An owner's plans to rent out the home when they're not around also creates its own set of challenges, says Tim Harris, broker and owner of Nova Scotia's Tradewind Realty. Though the extra income is a great incentive, it's not a guarantee.

While Airbnb makes it easier to rent a property, it also makes it easier to rent one out, meaning there's more competition than ever. "It's getting pretty busy," he says. "And you've got a finite number of people who want to rent for a week during the summer."

More competition also drives down the price, he adds, pointing to his own vacation home: a nearby three-bedroom cottage is renting at a fraction of the price of his five-bedroom home. Potential renters have approached him to drop the price, and he lost out on potential income when he's refused. For Jamieson, the extra income would be great to help pay down the mortgage, but he says he's not banking on the strategy to rent out his place.

Rather, he was feeling the pressure to own. "A man is nothing without owning land," he says, quoting The Apprenticeship of Duddy Kravitz. He still plans to buy a primary home in the city at some point, but until then he's looking forward to spending this summer up on a lake. "This is the best chance at my age and in my financial situation to own something," he says.

BEFORE YOU MAKE THAT PURCHASE

1. Pat Giles associate vice-president real estate secure lending, TD Canada Trust urges potential buyers to put as much money towards a down payment as possible.

2. Ongoing maintenance costs are different at a cottage, he adds (septic systems are more expensive to maintain, for example) and people often don't work that expense in when considering buying a vacation home. Talk to people who've owned cottages to get a better sense of the end price.

3. Harris adds insurance costs for vacation properties — especially those that are to be rented out — differ from homes in cities. He suggests speaking with insurance companies to get an estimate before making the leap.

4. Mortgage policies vary for vacation properties, says Harris, particularly for homes that aren't winterized or have year-round access. He recommends searching for homes that can be enjoyed all year, and speaking with the bank to better understand the differences.

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What gives condos their 'it' factor

Buyers go shopping for condo perks that are a cut above the rest, like this outdoor rooftop movie lounge at the 1 Yorkville condos. ALL PHOTOS CONTRIBUTED

CONDO TRENDS

Community, convenience among aspects

Duncan McAllister
For Metro Canad

Why are some condos cooler than others, and what draws people to want to live in them? Here we examine some factors that distinguish the fab from the drab.

Whitehaus is in the in-demand Yonge and Eg neighbourhood.

Location

It's no secret that certain neighbourhoods are more desirable than others. And in Toronto, whole new condo villages have sprung up as a result of density and zoning. Think Liberty Village, the West Don Lands and Humber Bay Shores.

There's also a rise of infill projects in post-industrial neighbourhoods like Dupont and Landsdowne and Sorauren Park. Downtrodden areas are going upscale.

Think of The Junction 15 years ago, and look at it now — it's the epitome of urban transformation, done in a way that retains the area's unique charm and quirkiness.

Community

Many people, especially young families, gravitate towards buildings that offer open, family-friendly green spaces, community events, daycare and nearby schools. As well as a sense of belonging, a condo with a community atmosphere feels more like home.

Convenience

Large, master-planned communities combine residential, commercial and retail uses over a large swath of land. These multi-phased projects offer residents ultra-modern, condo convenience with a myriad of transit and pedestrian-friendly services and lifestyles under-one-roof, like the three billion-dollar Downtown Markham project that represents the largest planned, mixed-use development in Canada.

Amenities

Buyers look for condo perks that are a cut above the rest. Although a building's amenities may not make or break a condo sale, per se, discerning purchasers will have in mind a list of must-have accoutrements.

Design

Certain architects and designers seem to have rock star status. They're well-known brands, and their name on a project automatically increases its value and desirability.

People want bragging rights of living in an iconic home. Condo purchasers are attracted to buildings that offer a blend of form and function, like Absolute World in Mississauga, dubbed the Marilyn Monroe Tower for its curvaceous profile.

Context

A thoughtfully designed condo should complement its surroundings. It should be unassuming and respectful towards its neighbourhood. Toronto's RAW design studio is noted for their unique cubist midrise architecture, like Howard Park, Cabin and Totem. Their condos are in demand because they enrich the character of established neighbourhoods.

Value

In today's climate of skyrocketing condo prices, many people are just looking for a deal. They are prepared to forgo the fancy upgrades, premium finishes, even costly building amenities, in exchange for a lower sticker price and more manageable maintenance fees.

Transit planning crucial to the future of the city

Bryan Tuckey
For Metro Canada

Everyone is on board with building more transit in the GTA, but it must be planned and delivered so that we maximize the return on our public investment for decades to come.

The question is: How do we do that?

Transit has to be built with a long-term view. It has to be the right kind of transit in the right place and it has to have a sustainable funding source beyond its construction phase.

The most sustainable model encourages development and intensification along the transit corridor so that the maximum amount of people and businesses benefit from and use it.

Recently BILD participated in a roundtable discussion with representatives from a variety of sectors to examine barriers to development along major corridors where transit projects are being planned. All agree that transit needs development to be viable.

The biggest obstacle is the lack of zoning to support the type of intensification needed to bring enough people and jobs to the area.

Even more challenging is that, often, disincentives such as high fees and taxes and long development timelines exist that present very real obstacles. Further, community push back against incoming transit can seriously derail development projects.

Right now, new homebuyers are paying their fair share for new infrastructure projects, like transit, through development charges and other government fees paid as part of a home purchase.

On average across the GTA, these fees and charges amount to one-fifth of the cost of a new home and the largest contributor is development charges. Sometimes, there are development charges specifically for transit.

It is important that new homebuyers don't pay a disproportionate amount, especially because the surrounding neighbours stand to benefit from new transit infrastructure. For any new transit projects going forward, the provincial government is requiring municipalities to use asset management plans to analyze the need and justify the cost of building and operating new transit and transportation infrastructure both now and in the future.

Other municipal sectors already use these types of plans, like the water and social housing sector, and part of creating these plans requires an examination of a variety of funding options.

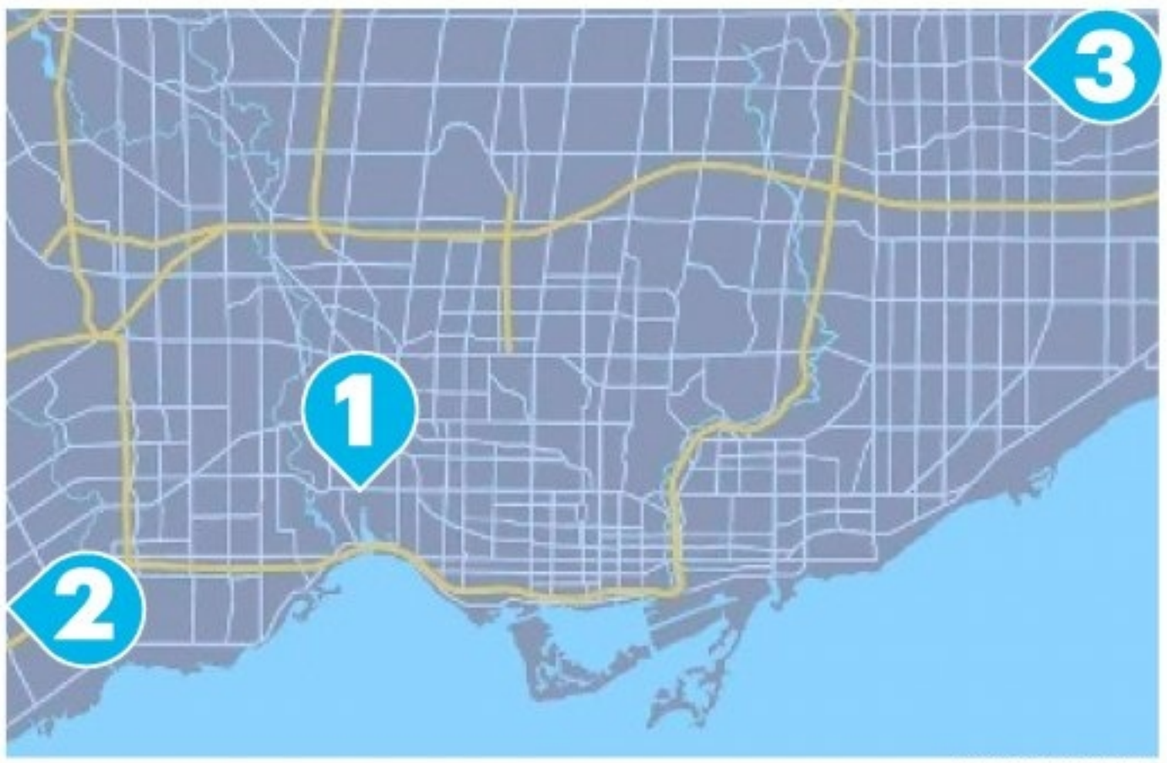
It's not a time for small plans and every funding mechanism available should be considered to ensure that these large transit investments are maximized to the fullest.

But it's equally important for those who are paying for them to be able to get the most bang for their buck — and to see that they are getting it.

BRYAN TUCKEY IS PRESIDENT AND CEO OF THE BUILDING INDUSTRY AND LAND DEVELOPMENT ASSOCIATION AND A LAND-USE PLANNER WHO HAS WORKED FOR MUNICIPAL, REGIONAL AND PROVINCIAL GOVERNMENTS. FOLLOW HIM ON TWITTER @BILDGTA, FACEBOOK.COM/BILDGTA AND BILDBLOGS.CA.

REAL ESTATE

What's hot on the market



DUNCAN MCALLISTER

1 HIGH PARK HIGH

Open House: Two new model suites will be shown at the Picnic condos, 2114 Bloor St. W. and The High Park at 1990 Bloor St. W. Suites are ready for move-in starting this October. Head over to the sales gallery at 2126 Bloor St. W. on May 28 and 29 from 12 to 5 p.m.

2 MARQUEE LIVING

Now selling: The Marquee Townhomes on the Park at Hurontario and Eglinton in Mississauga are open for business. Check out the presentation centre at 1-5020 Four Springs Ave. Contact: 905-712-8487 or info@pinnacleuptown.com

3 FREEHOLD HOMES

Grand opening: Arista Homes will celebrate their opening this weekend of Boxgrove Village, a new collection of live-work and freehold townhomes in Markham. Check out 110 Copper Creek Dr. on May 28 and 29 from 11 a.m. to 6 p.m.

LEGAL MATTERS

Right-of-ways can be very tough to negotiate

Jeffrey Cowan
For Metro | Canada

Right-of-ways are common in older neighbourhoods, and can be an obstruction when trying to sell. ISTOCK

Q: I am selling my house to my neighbour and I presently park on a parking pad in front of it. We have discovered that my neighbour on the other side has a right-of-way over five feet of my property in front and I am not supposed to be parking there. My purchaser wants to make sure they can use this spot so they have made the transaction conditional on the removal of that right-of-way. I don't have any idea what this would involve. Can you point me in the right direction?

A: Right-of-ways are a common sight in older neighbourhoods where the houses were constructed fairly close together and each neighbour had the right to drive or walk down a shared driveway until they reached the backyard and garage that was sitting there. A lot of these right-of-ways are no longer used because cars are now too wide to fit between the homes. However, this doesn't mean that the ability of your neighbour to pass over the strip of land disappears.

There are still reasons for your neighbour to want to retain their right-of-way. The process of removing a right-of-way can be complex, and will involve your real estate lawyer as well as that of your neighbour's.

Perhaps a compromise would be to enter an agreement with your neighbour to allow you to park there, but remember, something like this would only be binding if both parties retained ownership of their respective lots. Even then, you would need your lawyer to draft that agreement.

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MEET THE CONDO

A modern classic of a condominium

128 Hazelton Condos

CONTRIBUTED

Project overview

128 Hazelton is a modern interpretation of a classical 19th-century midrise European building and features a rich palette of masonry and metal. It aims to complete the northern gateway into Toronto's Yorkville-Hazelton Conservation District.

Housing amenities

All interior amenity spaces and common areas will be designed by Brian Gluckstein. There's underground valet parking for residents, a private ground floor garden, and the building's nine-storey design will include retail and commercial space along Davenport.

In the neighbourhood

Around the corner lies Bloor Street, Canada's leading luxury marketplace with flagship stores for global brands. Yorkville has many popular restaurants that are steps away from the condo. Green spaces are nearby at Ramsden Park and Yorkville Park.

Location and transit

This is a great, central downtown location with plenty of bike lanes and quick access to the Bloor-Danforth and Yonge TTC subway lines. Motorists are a quick jaunt from the Don Valley Parkway.

DUNCAN MCALLISTER/FOR METRO

NEED TO KNOW

What: 128 Hazelton Condos
Builder: Mizrahi Developments
Architect: AUDAX architecture + design
Interiors: Brian Gluckstein and AUDAX
Landscaping: The Planning Partnership
Location: 128 Hazelton Ave., in Yorkville
Building: Nine-story midrise with approximately 21 residences
Sizes: 1,500 to 8,000 sq. ft.
Pricing: Starting at $2M
Suites: All layouts are custom-designed to suit individual purchaser needs
Status: Pre-construction
Sales Centre: Coming soon
Phone: 416-927-0181
Website: 128Hazelton.ca
Email: Reception@MizrahiDevelopments.ca

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metro SPORTS

"It's ridiculous, it's foolish and some of the pro fighters are going to get beat by the amateurs": Mike Tyson on a proposal to let pros box at the Olympics

Out of their element

RAPTORS

CAVS LEAD SERIES 3-2

Dinos on brink after leaving A-game in Toronto again

The good news is that the Toronto Raptors have passports, and get to use them. The good news is that Game 6 of the Eastern Conference final is in Toronto on Friday night, and in our city the Raptors are not the wide-eyed, slow-footed band of dullards that seem to appear as soon as they cross the border into Ohio. The good news is that the Cleveland Cavaliers can beat the Raptors by 100 in Cleveland, and it doesn't carry over to the next game.

The bad news is that in Game 5 the Cavaliers looked like they could conceivably beat the Raptors by 100, or at least by 50, if they really pushed. The Raptors, in their 21-year franchise history, had never trailed by 30 points at halftime. Well, after a 116-78 loss that gave Cleveland a 3-2 lead in the series, now they have.

And now Game 6 is the third elimination game of these playoffs for the Raptors at home, where they have looked like they are at least Cleveland's equal. This wasn't Game 1 or Game 2, which Toronto lost by a combined 50 points. This was worse. This was a complete immolation, from Kyle Lowry to DeMar DeRozan to a mind-boggling rebounding deficit to a defence that surrendered anything, everything, whatever you need.

We've been here before, in a way: The Raptors have played so badly in Cleveland that it makes it difficult to imagine them competing. At Quicken Loans Arena Kevin Love couldn't miss, and Tristan Thompson was all over the place, and Kyrie Irving was a killer, and LeBron James had all the riches a king could need. Being back there made them giants, and shrank the Raptors to specks.

GAME 5 In Cleveland

116	78

So now the Raptors have to depend on the empowering thunder of their home crowd, which has been a tangible contributor in the big moments of these playoffs: Game 5 and Game 7 against Indiana, Game 5 and Game 7 against Miami, Games 3 and 4 against the Cavs. Toronto came back to Cleveland knowing one thing: They could beat the Cavaliers, but the loser would play for their season on Friday night.

Of course, even a best-case scenario would mean coming back to Cleveland for Game 7. The home team has won every game of the season between these two teams, and at some point the Raptors may regret not pushing harder for the No. 1 seed.

At this point, every Toronto Raptors game is the biggest one in franchise history, until the next one comes along.

Before the game in Cleveland, they showed that LeBron return ad, called "Together," with its images of the people of Cleveland linked arm in arm, row upon row, surrounding the arena and filling the streets, chanting as a community as he speaks of the connection to Cleveland in a huddle. "The toughness we have on the court comes from the city," LeBron says. It's one hell of an ad.

So. Toronto's turn.

TORSTAR NEWS SERVICE

The Cavaliers swarmed Kyle Lowry — and seemingly every other Raptor — during an Game 5 beatdown in Cleveland. FRANK GUNN/THE CANADIAN PRESS

NHL PLAYOFFS

Clutch Sid deflects attention

Sidney Crosby is in no mood to get caught up in his own personal narrative, the one eager to attach whatever happens to the Pittsburgh Penguins in Game 7 of the Eastern Conference finals on Thursday against Tampa Bay to the superstar's legacy.

Forget that Crosby has the game-winning goal in each of Pittsburgh's victories in its entertaining back-and-forth with the resilient Lightning. Forget that he hasn't won a series this deep into the playoffs since his glorious night in Detroit seven years ago, which ended with him hoisting the Stanley Cup.

Yes, he's playing well. Yes, his dazzling, GIF-able sprint through the Tampa Bay zone late in the second period of Game 6 added another signature moment to a career full of them. Yet lifting Pittsburgh back to the Cup final for the first time since 2009 does not rely solely on him.

Sidney Crosby GETTY IMAGES

Depth has carried the Penguins this far. Crosby insists Game 7 will be about the team, not him.

"You give yourself the best chance of winning by keeping it simple and not putting too much emphasis on kind of the story line around it," Crosby said.

THE ASSOCIATED PRESS

Go to metronews.ca for more NHL playoff coverage including Game 6 of the West final.

MLB

Martin finds power in Travis' return

Russell Martin hit his first two home runs of the season, Michael Saunders also went deep and the Toronto Blue Jays finally broke out their big bats again Wednesday night, halting the New York Yankees' six-game winning streak with an 8-4 victory.

Marco Estrada took a two-hitter into the seventh inning and the Blue Jays (23-25) won for the fourth time in six games following an 0-5 slide.

Second baseman Devon Travis was activated from the disabled list and batted eighth in his first major league game since July 28 last year. He had surgery on his left shoulder in the off-season and went 1-for-4 with a run scored in his return.

THE ASSOCIATED PRESS

WEDNESDAY In N.Y.C.

8	4
BLUE JAYS	YANKEES

AHL PLAYOFFS HERSHEY HANGS EIGHT ON MARLIES

Hershey's Dustin Gazley opens the scoring against the Toronto Marlies' Antoine Bibeau on Wednesday at Ricoh Coliseum. It was a long night for Bibeau as the Bears broke open the game with seven unanswered goals in an eventual 8-2 win. Hershey now leads the Eastern Conference final 3-0.

BERNARD WEIL/TORSTAR NEWS SERVICE

SOCCER

Giovinco takes Italy snub in stride

Toronto FC star forward Sebastian Giovinco is taking the high road on his omission from the Italian national team for the European Championship.

"I was upset about it, but it's useless to think about," he said through an interpreter on Wednesday. "I need to keep going and I need to keep improving so I can try and find my place back on the national team."

He also downplayed Italy coach Antonio Conte's comment that there are consequences to playing in MLS.

Sebastian Giovinco GETTY IMAGES

"I've always said and I'll continue to say the league is constantly growing," he said. "Right now I feel like it's one of the most beautiful leagues."

Conte did not select Giovinco for his 30-man preliminary squad, which he will cut down to 23 ahead of the June 10-July 10 tournament. THE CANADIAN PRESS

CIS QB scores dream internship

CFL

Second-year Guelph player shadows Argos

As quarterback James Roberts took his place among the other quarterbacks during warmups, the pressbox DJ at Alumni Stadium teed up the soundtrack for the Argos' first practice of the pre-season.

Bass from a hip-hop track reverberated through the stadium as rappers A$AP Ferg and Future repeated their song's title and central message.

"I'm on a new level."

Within minutes Roberts, a second-year quarterback at the University of Guelph, would know the feeling. He'll spend training camp with the Argos under the CFL's quarterback internship program, which sees each of the league's teams work with a CIS quarterback for the pre-season. The interns will attend practices and video sessions, but won't play games.

A program like this would never fly in the NCAA, where working out with a pro team could cost a college player his eligibility.

But internships, which expanded to include the entire league in 2012, dictate that players return to school. When Roberts rejoins the Gryphons this fall he'll have completed a dream summer job and measured himself against professionals.

"This is their camp and their team and I get the pleasure to learn firsthand," says Roberts, a Cambridge native. "(Film study) is more detailed, more strict and there's more to it. I'll take away from that what I can bring to my (university) team."

Since 1991, only six Canadian pivots have thrown a regular-season pass in the CFL, and when Mississauga's Brandon Bridge lined up for Montreal's 2015 season finale he became the first Canadian to start at quarterback in 19 years. But the league says it embarked on the internship program in 2012 hoping to boost the quality of CIS football.

"(We're) getting kids to go back to their CIS programs with a heightened sense of confidence and coaching," says Kevin McDonald, the CFL's VP of football operations. "You're getting a kid who's leaps and bounds ahead of where he'd left."

The project hasn't yet produced a full-time CFL player, but Carleton University head coach Steve Sumarah says it shrinks the skill gap between Canadian and American prospects.

TORSTAR NEWS SERVICE

> **It can only help him, and help his leadership when he goes back to school.**
> Scott Milanovich, Argos coach, on James Roberts

James Roberts works out during Argos training camp in Guelph on Wednesday. PETER POWER/FOR TORSTAR NEWS SERVICE

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RECIPE Italian Roommate Pasta

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

There's so much to love about this dish — crisp bacon, cheesey sauce, garlicy veggies.

Ready in
Prep time: 20 minutes
Cook time: 10 minutes

Ingredients
- 1 Tbsp of olive oil
- 1 medium onion, diced
- 2 cloves of garlic, minced
- 1 cup bacon, chopped into 1-inch to 2-inch pieces
- 500 grams of whole wheat fusilli
- 4 medium zucchini, julienned
- 3 eggs
- 1 cup Parmesan, grated
- Pepper to taste

Directions

1. In a large pan, warm up your olive oil over medium heat and add onions, garlic and bacon. Allow bacon to crisp. Put a big pot of salted water on to boil for the pasta.

2. Chop zucchini into matchsticks and add to the bacon mixture. Give it all a good stir so the zucchini gets well coated. Allow it to cook down for at least 15 minutes, stirring occasionally. Some of the zucchini will start to disintegrate and that's what you're after.

3. Cook your pasta according to instructions. Drain well and throw the cooked pasta into the vegetables.

4. In a bowl, whisk the eggs and stir in the grated Parmesan. Pour the cheesy eggs into your noodles and mix well. Cook over medium heat until the sauce just sets. The whole thing will go from wet to gooey in just a few minutes.

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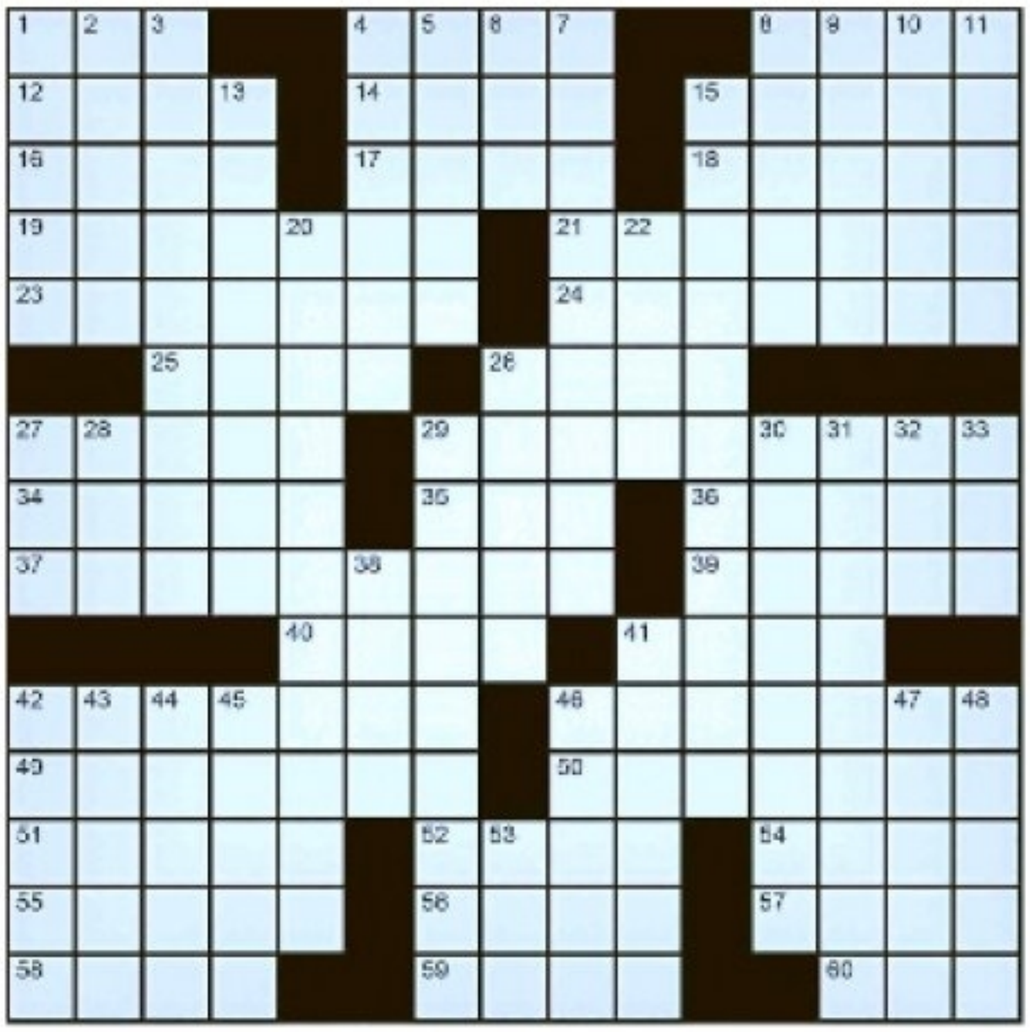
BY KELLY ANN BUCHANAN



ACROSS
1. Sunscreen no.
4. Mr. Hartnett
8. Hurried the horse
12. Spaghetti cheese, for short
14. Odd mixture
15. A.A. Milne character
16. "...so long __ both shall live?"
17. Sheriff __ ("BJ and the Bear" character)
18. "__ you loud and clear."
19. Bee's weapon
21. Capital city of Uganda
23. Humanity
24. 6/49 and Lotto Max ticket add-ons
25. Fixed stare
26. Icelandic epic
27. __ New Guinea
29. Alberta town half-an-hour north of Calgary
34. Play __ (Do this in an orchestra, perhaps)
35. __ Islands, Indonesia
36. Freshwater fish
37. 1970s rec room walls choice
39. Reindeer: French
40. River islets
41. Permission requester's opener...: 2 wds.
42. __ fasciitis (Heel problem)
46. Not-in-a-group showbiz performance: 2 wds.
49. Mozart's musical rival in "Amadeus" (1984)
50. Having soup and a salad: 2 wds.
51. Singer Ms. Baker
52. In the thick __
54. Norway's capital
55. Shakespeare: Character in All's Well That Ends Well, variantly
56. Faux pas
57. Eager
58. Pine for
59. PR people, puny-ly
60. Jalalabad's country, for short

DOWN
1. Muscle cramp
2. Rice alternative
3. Making-a-meal need, often: 2 wds.
4. Dolly Parton song
5. "__..." (Prayer opener)
6. Fam. tree member
7. Creation by Chéticamp, Nova Scotia artist Elizabeth LeFort (b.1914 - d.2005): 2 wds.
8. Oprah's production company
9. __-__ monitor (Device one often sees singers remove)
10. Equal, to Marie-Claire
11. Some baby parents, to babies
13. One of Egypt's famous three pyramids
15. Star of HBO Canada's "Sensitive Skin": 2 wds.
20. Geographic location of #13-Down: 2 wds.
22. 'Ets' equivalents in English
26. Nets
27. Drivel
28. __ peel (Dermatology procedure)
29. Ms. Balfe (Irish star of "Outlander", on Showcase)
30. Query to the seemingly injured: 3 wds.
31. Body of water on which the Greek island of Corfu is situated: 2 wds.
32. Bleed
33. Jeanne d'Arc, e.g.
38. Fibber
41. Purposeful sayings
42. Hymn
43. Island of Hawaii
44. Letter As, in Arabic
45. Fun-spelling evenings
46. Gulf of __ Lawrence
47. __ (Music symbol)
48. Sisqo's "__ Song"
53. Daze

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Right now in your work, you feel balanced between what you want to do and what you think is possible. It's as if your hopes and dreams are more lined up with reality.

Taurus April 21 - May 21
You have a realistic view on how much you can spend on recreation. Everything has its limits (unless you have a money tree growing in your backyard).

Gemini May 22 - June 21
You feel reassured with the obligations of partnerships and what you want to achieve at home. Somehow, they are starting to dovetail.

Cancer June 22 - July 23
Your enthusiasm and positive frame of mind support your hard-working energy now. In other words, your attitude is helping you get things done. Bravo!

Leo July 24 - Aug. 23
It's encouraging that your hard work is literally paying off. When the money flows in, you don't mind the effort. It's true — no pain, no gain.

Virgo Aug. 24 - Sept. 23
The more you work to solidify your home base, the happier you feel. Keep doing repairs or whatever is needed so you feel secure where you live. This gives you a warm feeling in your tummy.

Libra Sept. 24 - Oct. 23
Even though you know that things are loosey-goosey in terms of potential job changes or residential moves, your faith in your own future is what keeps you strong. Good!

Scorpio Oct. 24 - Nov. 22
The positive feedback you get from friends and groups that you deal with reassures you of your values. And it is your values that attract people to you.

Sagittarius Nov. 23 - Dec. 21
As you begin your new journey, it's important to know that you impress bosses and influential people. Why not use their help and influence to open doors for you?

Capricorn Dec. 22 - Jan. 20
Although you are downsizing and letting go of many things, you can expand your world through knowledge, further education and travel. Look for ways to do this.

Aquarius Jan. 21 - Feb. 19
Because the support of others is forthcoming, you see ways to help those who are less fortunate, especially through nonprofit organizations or charitable clubs.

Pisces
Feb. 20 - March 20
The success of friendships and partnerships is definitely part of your time of harvest right now. These relationships are one reason you feel proud.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	2	4			5			
6			4		9			
			8		1		3	
			3		6		5	
		3			7	9	4	1
	7						8	
5							2	
1							6	
9	8	2	5				1	

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